

# A Practical Guide to Uncivilized Cooking



GREEN HOUSE DISTRO



You Don't Have To Kill To Cook

I was once told by a non vegan that there are vegans who act like vegan police. This stuck with me considering the fact that I deeply dislike telling people what to do. Going vegan has been one of the most empowering decisions I've ever made. Veganism is one of the few belief systems I believe in. Being vegan has changed my body and mind. My body is lighter and more arrow dynamic. My mind is clear. But one question has been bothering me as I have made a clear diet choice to be vegan and healthy. Capitalism now offers a lot of delicious vegan products that are far from healthy. In this zine I'd like address our health. I'd like to talk about how animal foods as well as sugar oil and salt undermine health and happiness.

It used to be conditions like diabetes, heart diseases, high blood pressure were rare. We use to think these people were kings because they had the wealth to eat excessively. Today a large majority of people are overweight. A large part of the reason for this epidemic is we have changed the nature of the food by adding chemicals to it that artificially stimulate the dopamine production in our brains. Dopamine is associated with pleasure it makes food taste good. The chemicals we are adding to foods include sugar oil and salt. Pre civilization we only had the ability to eat food within nature. We didn't have access to indulgence. Even the idea of exercise was ludicrous being that we spent our time moving gathering and surviving.

The goal within civilization has always been excess. If health is a goal then we must remove animal food as well as artificial sugar oil and salt. A healthy diet is a vegan salt oil and sugar free whole plant based diet. This way of eating may seem radical to some, but I would argue that eating rich calorie dense foods and animal foods is radical. Choosing to be tired and sick all the time is literally exhausting. The trap of these unhealthy pleasurable foods is the main reason to keep eating them. We get high from fast food, vegan ice cream and salty potato chips. Don't get me wrong I too enjoy the taste of a dopamine hit. I just choice to avoid them because health is one of my goals. This choice isn't easy.

The idea of Obesity would have been rare during hunter gatherer time. Today it is almost unavoidable unless you are hyper aware of this pleasure trap. Our food system puts us in a constant state of temptation. Healthy food is delicious but unhealthy food is highly addictive. When I started avoiding the pleasure trap I started realizing how important eating the food of nature truly is. Eating a diet free of sugar oil and salt as well as whole plants is not only healthy it is a direct

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**"The pain is overwhelming."**

## Bean Chili

One onion  
One can black beans  
One can kidney beans  
One can chickpeas  
Two cans diced tomatoes  
Two cups frozen corn  
One tablespoon garlic powder  
One jalapeno  
Three tablespoon chili lime seasoning

Rinse and drain beans. Dice onion and jalapeno. In a large pot saute your onion. Use broth vinegar or water to prevent the onion from sticking or burning. Toss in diced jalapeno and one tablespoon of the chili lime spice. Deglaze with your two cans of diced tomatoes. Add your beans corn and remaining two tablespoons of chili lime spice. Bring to a boil. Serve on top of Spanish rice.

attack on civilization. Civilization is a trap on to its self. The pain is overwhelming. To deal with this we choose high calorie foods drugs alcohol and sex. We stand in line and follow the leader. We choose political parties. We go shopping. We participate in patriarchy and gender roles. When I was going through puberty. I was deeply confused. I wanted to be tall and slim with a small butt and blonde hair. But my reality was I was a curvy chubby short girl with wide hips and a big butt. My hair is dark and I have a lot of it on places society does not think is sexy. To solve these problems I spent a lot of time hating my appearance. Body shaming diet pills and starvation was my life. The pain was crippling. Going vegan was the best decision I have ever made. Seeing myself as parallel to nature opened my eyes to self love. If I could stop killing innocent animals I could stop hating and slowly killing myself. Every bite is a moment of joy and pleasure. Every interaction I have with nature is pure and honest now. Today I raise a glass of water and say l'chaim to life!! I can honestly celebrate my imperfect and authentic self.

Here are a few recipe ideas for a healthy vegan and delicious life.

## Kale Salad with Coconut Aminos Tahini Dressing

One large head of kale  
Three tablespoons of tahini  
Three tablespoons coconut aminos  
Three tablespoons white vinegar  
One tablespoon miso paste

Wash dry and chop kale. Feel free to add any other vegetables your craving. In a sixteen ounce mason jar combine tahini, coconut aminos, vinegar and miso. Whisk with a fork to combine. Pour over greens and massage.

## Vegan Tuna

Two cans of white beans  
The juice of one lemon  
Four tablespoon sweet relish  
Two teaspoon of old bay spice  
Toppings sliced tomato fresh basil

Rinse and drain beans. In a large bowl mash beans. Add all the other ingredients and mix to combine. Enjoy on your favorite bread.

## Broccoli Soup

Four potatoes  
One small bag of frozen broccoli  
One onion  
Half a cup nutritional yeast  
One teaspoon garlic powder  
Half a teaspoon cayenne pepper  
32 ounces vegetable broth

Clean and diced potatoes and onion. In a large pot on high heat saute your onion. Use broth vinegar or water to prevent the onion from sticking or burning. A non stick pan is also a option. Add all the other ingredients and bring to a boil. Puree and devour.

## Spanish Rice

Two cups of rice  
Four cups of vegetable broth  
Two teaspoons of adobe  
Two tablespoons of chili powder  
Two tablespoons cumin powder  
One teaspoon chipotle powder  
One teaspoon garlic powder

Preheat your oven to 450 degrees. In a oven safe dish combine all the ingredients. Bake for thirty minutes and remove from oven. Allow rice to cool for thirty minutes

## Spinach Salad with Peanut Vinaigrette

One bunch of spinach washed and dried  
Two tablespoons peanut butter  
Three tablespoons balsamic vinegar  
One tablespoon maple syrup  
One teaspoon garlic powder

In a sixteen ounce mason jar whisk together with a fork. Toss over greens.